

**VENTURA COUNTY BEHAVIORAL HEALTH ADVISORY BOARD
PREVENTION COMMITTEE
1911 WILLIAMS DRIVE, LAKE CACHUMA ROOM, OXNARD, CA**

MINUTES □ Nov 14, 2016

<u>PREVENTION MEMBERS PRESENT</u>	
Janis Gardner	BHAB Member, Chair Prevention Committee (PC)
David Deutsch	BHAB PC Member, NAMI
June Ewart	BHAB PC Member, Community Coalition United
Laurie Jackson	BHAB PC Member, Saving Lives Camarillo
Rachel Jones	BHAB PC Member, Straight Up – Reality Improv
Ezequiel A. Sanchez	BHAB PC Member, TAY Tunnel
Mark Stadler	BHAB PC Member, Crisis Intervention Team (CIT)
Sandra Wolfe	BHAB PC Member
<u>VCBH STAFF PRESENT</u>	
Kathy Mulford	Ventura County Behavioral Health (VCBH), BH Manager, DUI Administration
Kiran Sahota	VCBH, MHSA Manager, Prevention Early Intervention (PEI)
Alma Ixta	VCBH, Alcohol & Drug Programs, Prevention Services
Bennie Crayton	VCBH, Alcohol & Drug Programs, Prevention Services
Cari Kawell	VCBH, Alcohol & Drug Programs, Prevention Services
<u>FEATURED PRESENTER</u>	
Jan Ryan	Redleaf Resources
<u>GUESTS</u>	
Gabe Teran	Ventura County Office of Education (VCOE), Comprehensive Health & Prevention/Friday Night Live
Josh Tirado	VIPS
Kathleen Murvin	Redleaf Resources
Liz Alund	Child Development Resources
Lori Litel	United Parents
Marissa Espinoza	Casa Pacifica
Patricia Markin	
Rachel McDuffee	Aegis Treatment Centers

	DISCUSSION/CONCLUSIONS	RECOMMENDATIONS/ ACTIONS	RESPONSIBLE
I.	Call to Order The meeting was called to order at 3:16 PM by Chairperson, Janis Gardner.		
II.	Approval of the Agenda (Action) Agenda for November 14, 2016 was approved as written.	Approved as written M/S/C	
III.	Approval of the Minutes (Action) Minutes for September 12, 2016 were approved with the following amendment: Update 2 nd paragraph under item B) section VII.) Staff/Provider Update, to read: Sandra Wolfe instead of Gane Brooking.	Approved as amended M/S/C	
IV.	Welcome and Introductions The Chair welcomed all. Self-introductions were made around the table.		
V.	Chair Announcements Janis Gardner, BHAB Prevention Committee Chair, announced that on November 15, 2016, the Ventura County Board of Supervisors are having a Volunteer Appreciation Day. Every BHAB member is invited to attend at 10 am. Chair Gardner also mentioned that in January 2017, the Clerk of the Board will give the BHAB a mandatory overview of the Brown Act. All BHAB members are <u>required</u> , per the County, to attend. Chair Gardner shared that the January 2017 BHAB General Meeting will have an upcoming presentation on various aspects of Prevention. The presentation will be by Dan Hicks, ADP Prevention Manager and, Kiran Sahota, MHSA Manager. Also mentioned, was the "Intent to Award" letter that was given to the ADP Division of VCBH for up to \$414,000 to conduct		

	<p>Juvenile Justice intervention, education and treatment (both outpatient, field and in the Hall of Justice). A Request for Proposal (RFP) was put out and ADP Prevention Services had very little time to respond. Chair Gardner gave congratulations to Dan Hicks and Janet Kaplan, from ADP Prevention Services, for organizing, jumping-in and persisting in responding to the RFP.</p> <p>Chair Gardner extended congratulations to Dr. Celia Woods and her team for winning the prestigious 2016 CAPH/SNI Quality Leaders Award for Data Driven Organization for <i>Safe Alprazolam Prescribing</i>. This award includes a \$3000 cash prize.</p> <p>In addition, Chair Gardner mentioned that the Horizon View Mental Health Rehabilitation Center (MHRC) ribbon-cutting ceremony will be on Thursday, November 17th at 3:00 pm. All BHAB members are invited to attend. Also, the BHAB is having a Thanksgiving pot luck at noon on Monday, November 21, prior to the General Meeting.</p>		
VI.	<p>Public Comments</p> <p>Gabe Teran, Project Specialist, Friday Night Live Program, Ventura County Office of Education (VCOE), gave multiple Prevention focused updates. VCOE oversees student health and wellness, and programming and curriculum and instruction around anything health and prevention related for the 21 School Districts in Ventura County. Currently, VCOE has a prescription drug awareness campaign going on at two strategically chosen high schools in East and West Ventura County. VCOE is partnering with VCBH for this pilot program which uses artwork derived from student and staff Focus Groups, surveys and an interview process. A set of talking points will accompany the artwork for teachers to review with their students in health classes. It will open dialogue as well as be an avenue to disseminate resources for those struggling with prescription drug use. This program is very close to starting and VCOE is setting appointments to meet with school staff to get them oriented and trained on this new campaign.</p> <p>Mr. Teran also mentioned that there are now two sites for Friday Night Live (FNL) – one in Ventura and one in Oxnard. Each site has received a \$5000 grant from the CA State FNL Office and the CA Office of Traffic Safety (OTS) for underage drinking prevention. This new work has to be done during the 2016-2017 school year.</p>		
VII.	<p>Staff/Provider Updates</p> <p>A.) On behalf of Dan Hicks, Manager, VCBH ADP Prevention Services, who was unable to attend today's BHAB Prevention Committee Meeting, Kathy Mulford, VCBH Manager / DUI Admin, provided the group with several updates. Currently, ADP Prevention Services is working in collaboration with the Fillmore Unified School District. Prescription drugs and marijuana continue to be on the top of the ADP Prevention's Agenda. In addition, Prevention Services is preparing for a Quarterly Prevention Provider Meeting that will take place on Thursday, November 17 in the Lake Tahoe Conference Room at VCBH from 9 am to 11:30 am.</p> <p>B.) On behalf of David Tovar, OTS Grant Coordinator, VCBH ADP Prevention Services, who was unable to attend today's BHAB Prevention Committee Meeting, Janis Gardner, Chair, BHAB PC Committee gave an update about the Drug Impairment Training for Educational Professionals (DITEP) event at VCOE. The event that was held on November 10, 2016, featured presenter Sergeant Dave Hong from the California Highway Patrol. The event welcomed school administrators, teachers, nurses, counselors, school resource officers, campus supervisors, clinic staff and others who regularly interact with students. This event focused on several objectives that included: describing the involvement of drugs in schools and society; defining the term "drug" in the context of the DITEP course; describing drug impairment signs and symptoms in seven drug categories; and, gaining awareness of medical conditions and other situations that can produce similar signs of impairment and appropriate response measures.</p> <p>C.) Kiran Sahota, VCBH, Mental Health Services Act Manager, shared that Prevention is a small part of MHSA. MHSA was meant to permeate and enhance the entire mental health system. Ms. Sahota stated that it is best not to separate MHSA from Mental Health and to look at Prevention as a whole that includes Universal Prevention, MHSA Prevention, ADP Prevention and how they all tie together. Ms. Sahota mentioned that the focus should be on all of VCBH's efforts in Ventura County to prevent mental illness, drug and alcohol and substance abuse.</p> <p>Under MHSA Prevention in Ventura County, there are multiple initiatives covered by different programs and contracts with the idea of reducing stigma for mental illness, reducing suicide, reducing incarcerations, as well as providing access and linkage to</p>		

Mental Health services. Ventura County MHSa Prevention focuses on how we are helping families and consumers get into the mental health system, preventing them from ever needing help, or preventing relapse if they are already in our system.

Ms. Sahota shared that right now, VCBH MHSa is focusing on compiling three CA State reports. The other aspect that VCBH MHSa is looking at is their robust data parameters which may be taken to the State of California in December, to show what Ventura County MHSa is going to be doing. VCBH MHSa will be rolling out training to their Providers during the first week of December on their data parameters because the State has passed some significant regulations. Ms. Sahota mentioned that her team is looking at how they can gather outputs and outcomes which they haven't been able to measure to date. Ms. Sahota is looking forward to doing follow-up using pre and post-tests, as well as phone calls, to find out if the VCBH MHSa Prevention efforts are working.

Ms. Sahota discussed that under VCBH MHSa is Suicide Prevention, which is another State initiative and mandate. California State University Channel Islands (CSUCI) decided not to partner with VCBH MHSa for the SAMSHA grant. VCBH MHSa is looking at a new campaign and partnering with a retired pro quarterback (54 year old white male) who attempted suicide several years ago and who is now ready to talk about it. This will assist in targeting the largest population that dies by suicide - older white males, 45 to 59 year old. The Suicide Prevention Committee which meets at VCBH in the Lake Tahoe Conference Room, the first Friday of every month from 10 am to 11:30 am.

In addition, the LGBTQ Committee will be getting together at the beginning of December. The Trans- Community has funding that they can use to open up a One Stop for the Transitional Age Youth (TAY) in the LGBQ and Trans Community.

Ms. Sahota congratulated Mark Stadler, BHAB Prevention Committee Member and Crisis Intervention Team (CIT) Program Administrator, who won an innovations award for a mobile CIT app for Law Enforcement officers.

- D.) David Deutsch, BHAB Prevention Committee Member and Ventura NAMI Director, announced an upcoming NAMI Christmas party on Tuesday, December 13 from 5 pm to 8 pm at the Oxnard Elks Club on South A Street in Oxnard. Generally, about 500 people are in attendance including consumers, supported housing members, the NAMI Provider community, community family members and more. There will be dinner, dancing, stockings and door prizes.

VIII. Time Certain Presentation

Jan Ryan, Consultant, Redleaf Resources and Kathleen Murvin, Consultant, Redleaf Resources, gave a presentation called, "How BRRiIM Changes Schools One Family at a Time." Ms. Ryan defined BRRiIM – the Brief Risk Reduction Interview and Intervention Model and shared the Redleaf Resources Summary Report (2012-2015) about the development and implementation of the Conejo Valley Unified School District's BreakThrough Student Assistance Program (SAP).

Ms. Ryan discussed how BreakThrough helped students and their families navigate through the school system safely and successfully. All students are welcome. Trained staff takes time to listen carefully to learn about family concerns and identify strengths. Staff is able to link families to resources at their schools and in their community. "One family at a time" is how the BreakThrough team supports students, families and staff. BRRiIM is a structured Prevention conversation with three components: 1.) Engage 2.) Explore and 3.) Extend into Plan A.

Ms. Ryan shared some of the overall impacts of Murietta Valley Unified School District's BreakThrough Student Assistance Program participants from a 2010-11 student survey that showed that 96% of the participating students agreed they were more likely to graduate from school; 91% of the participating students were less likely to drink alcohol or use other drugs; 91% of the participating students now know where to go for help with personal problems and 74% of the participating students had improvement in their classroom grades.

Ms. Ryan also shared the following BreakThrough Student Assistance Program data from 2012-2016: 642 referrals to school and community resources (67% male and 33% female). After 3 months, Focus Group Participants returned and reported they had a better outlook on their future; they felt like they had the support they needed to make positive changes in their lives; they experienced fewer problems from alcohol and other drugs; and, they used the information they received from the Prevention Specialist.

	<p>Ms. Ryan gave data from the Conejo Valley Unified School Districts BreakThrough SAP Implementations showing 96% of suspended students did not receive a second suspension (CVUSD, 11-12).</p> <p>For more information about Redleaf Resources, the BreakThrough Program, and, the BRRIM, contact Jan Ryan at: janryanprevention@mac.com and/or Jim Rothblatt at: redleafresources@gmail.com and/or visit: http://www.schooltube.com/video/1d2deca67f9b2ee16da7/Breakthrough%20SAP</p>		
IX.	<p>Old Business</p> <p>Gabe Teran, Project Specialist, FNL, VCOE, discussed the AB1729 legislation that happened a few years ago, which required school districts across the State of California, to not suspend students right off the bat for alcohol, tobacco and other drugs. School Districts have to show some effort in their alternatives to suspension and the BreakThrough Program in the Conejo Valley Unified School District (CVUSD) is an example of that. Students who are found to be in possession of alcohol, tobacco or other drugs on campus are candidates for this program which meets the suspension alternative (AB1729 requirement) for CVUSD. In this case, the CVUSD BreakThrough Program is very successful and supported. It shows how alternatives to suspension can make differences for students who need it most.</p> <p>Mr. Teran recently did an alcohol, tobacco and other drug presentation at Thousand Oaks High School to a class of students that are in Peer Resources who are soon to be Peer Mentors. Peer Resources is a resource to the student body and provides avenues for discussion if students need to talk with somebody, or if they need help or if they want to find help for a friend for any kind of social or academic issues. Students can go to this Peer Resources class on campus and are well aware of the BreakThrough program. It's not a secret that's kept within the District. BreakThrough is well-promoted. People know about it, and, how to access it.</p>		
X.	<p>New Business</p> <p>Janis Gardner, Chair, BHAB Prevention Committee briefly mentioned a coming proposal that wouldn't necessarily be changed in the Bylaws right now, but, that could be a simple name change to the title of the BHAB Prevention Committee. The topics covered in the Prevention Committee are broader than just "Prevention" and are meant to educate and network within the community. Prevention would still be the focus of the Committee, but, the new Committee name would also reflect the educational aspect.</p> <p>Chair Gardner asked the group to think about this and mentioned that it would be discussed again in January 2017.</p>		
XI.	<p>Prevention Committee Member Comments</p> <p>June Ewart, BHAB PC Member, Community Coalition United updated the group regarding a recent event that she attended on Thursday, November 10, at the Simi Valley Public Library's "Building Passion" event for volunteers where she was able to share information on Mental Health First Aid. Ms. Ewart also mentioned an upcoming event that will take place at the Simi Valley Public Library on Thursday, December 1, for Youth Mental Health First Aid. The older adult module for Mental Health First Aid event will be held on Monday, January 30, at the Simi Valley Senior Center.</p>		
XII.	<p>Future Meeting Discussion</p> <p>Janis Gardner, Chair, BHAB Prevention Committee Chair proposed that the BHAB Prevention Committee would have a "Dark" December with no meeting scheduled for that month. The motion was approved.</p>	Approved M/S/C	
XIII.	<p>Adjourn</p> <p>Meeting was adjourned at 4:22 PM.</p>	Next Meeting: Jan 9, 2017	